

# VAGLAHS Wear Red Day Event



HEART DISEASE IS THE #1 KILLER OF WOMEN



## ***Be Smart, Take Care of Your Heart!***

**Veterans are welcome to this life-saving event about women & heart disease.**

**Where:** Sepulveda Ambulatory Care Center  
Bldg 200, 2nd Floor, Conf Room B&C  
16111 Plummer st. North Hills 91343

**When:** **Tuesday, February 14th, 2017**

**Time:** 10:00am - 12:00pm



**Event Highlights:** **\*Women and Heart Disease**, Presentation by Dr. Fatma Batuman MD,  
Medical Director, Women's Health Comprehensive Care  
**\*Nutrition for Heart Health**, Presentation by Diane Lucero RD,  
Clinical Dietitian, Sepulveda VA  
**\*Women's Wellness Groups for Stress Reduction & Relaxation**  
Presentation by Terri Telligman RN,  
Integrative Health & Healing Department



***Don't forget to wear red!!!***

**For more info contact:**  
**Sepulveda PERC**  
**(818) 895-9569**  
**Bldg 200, Room 2500**



U.S. Department  
of Veterans Affairs  
VA Greater Los Angeles Healthcare System